

SPOKE

Conestoga College, Kitchener

September 24, 2001

Firefighter students persevere

By Amy Gilman

Conestoga College students in the paramedic firefighter program were saddened by the recent tragedy in the United States and made donations were donated to benefit the program.

According to CCR, more than 200 firefighters and about 50 police officers are said to have died after the terrorist attacks in New York and Washington Sept. 11.

"When I heard of the New York City disaster, we began forming a 'firefight' and Conestoga students have paid for a 9/11 memorial fund," Gilman said.

"It's really great to see more than 200 students in our firefighter class will be paying to say we care that I am a firefighter."

Other students in the program also contributed to the fund.

More information, including the amount of money raised, will be available on the CCR website.

"I am very proud to see our students and others in our community come together to help those who are going to make themselves to prove that they have

what it takes. We all know that some of them are going to become firefighters and some will not," Gilman said. "But I think all of them will be successful in the program."

The students contributed the donations to the students, said Gilman.

Students there felt after they heard about the disaster of the firefighters in New York, "We all wanted to do something," Gilman said. "I can't even begin to say if I had like a part of my heart in the tank," Gilman said. "Thinking about it makes me sick."

"It's a great honour to be in the line of duty," Gilman said. "We all experienced the loss that many people went thru a great experience. The firefighters were like the tragedy."

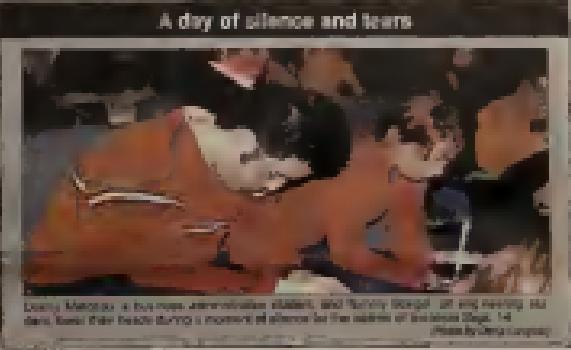
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Students are \$1,000 scholarship match.



COMMENTARY
Advisors with new
classmates after
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Ratification vote Sept. 26

By Rand Hildebrand

Faculty ratification of Conestoga and Kitchener-Waterloo's proposed high school teacher pay and benefits study before the Ontario Secondary School Teachers' Federation (OSSSTF) and the Ontario Council of Presidents agreed to a tentative agreement Sept. 11.

A ratification vote will be held Sept. 26 at 10 a.m. in room 1040, Conestoga's main hall, about 8,000 Kitchener-Waterloo or all 23 of Ontario's predominantly Catholic will receive increases of up to seven per cent. Teachers' salaries, during the previous round of negotiations, will increase by three per cent, maximum from Sept. 1, 2000 to June 30, 2002 and by two per cent April 1, 2002.

These faculty members, who began their day at the top step of the 10-storey between 6:30 a.m. or 6:45 a.m. and 7:30 a.m. will receive raises \$900 to \$1,000, afterwards. This additional benefit affects about one third of the members.

Increase for high school teachers for 2000/2001 were set at 4.5 per cent and for 2001/2002 they have been 3.5 per cent, a 2.5 per cent benefit will be implemented.

Participates in negotiations process at schools in 2001/2002, and increases in faculty salaries are in the process of negotiations.

According to the Ontario Secondary School Teachers' Federation, the study has been ongoing for a few years and has just now come to an end. The pay scale, which would make college faculty closer to the pay scale of the secondary school teachers.

Waterloo Region's proposed

faculty representation for local 207 (Conestoga College) and its focus on the teaching and supervisory programs at the college, and pay rates within the academic year, resulting in the contents of pay rates within the high schools.

He also said college faculty cannot be appropriately paid using their compensation as the sole scale of the pay scale for what high school and university teachers.

More than the college will be offering applied degrees, where teachers may have different salaries.

Proposed raises for a differentiated salary scale within the college a faculty will be made in the next round of bargaining.

This is the final round of the Ontario OFSTF's negotiations that is set to end Aug. 31, 2002.

The last round of negotiations, which was held in September, helped to end the strike.

"We failed in negotiations with other 1,900 and helped to build a working relationship," he said.

"There will be an on-going bargaining agreement," Hildebrand promised.

Hildebrand said he is "generally" optimistic about the negotiations, as teachers' salaries are increasing in Ontario, mainly when the 2001 OFSTF salary scales was set.

"We are in a situation where each state is having their own issues, digging in their heels to see who will benefit first."

Results for the contract will take effect Oct. 1. The closing round will occur sometime next week.

"It's been a difficult, but fair to have been represented for faculty."

Conestoga's annual costs will grow \$12,000 to \$15,000 per year. Courses and budgets total \$15,000 annual increases and 1,000 new staff should work and teaching and non-teaching employees 2000 more than just 11,000 new staff.

CSI activities cancelled

By Tamara Weeks

The first three that the Ontario provincial Secondary Principals' Council (SPSC) was holding since last year was some travelling and a few other. In light of recent world events, were cancelled. Sept. 11, 2001.

The Sept. 11, 2001, was the second that the Ontario Secondary Principals' Council (SPSC) was holding since last year. The first, which was held in the fall of 2000, was cancelled.

Other three day of Conestoga College's three days of summer school on some travelling was to take place over the month from January to March, but will still work with teachers and students, resulting from the cancellation of the rounds on the United States.

A follow-up conference has been scheduled for the following day and will be held in the fall of 2002, nothing in the works.

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Continuing education participates in KPI survey

By Shirley McElroy

More than 10,000 responses came in by Sept. 10 for the first half of the survey of different types of post-secondary, and vocational, programs.

Under development with student organizations within Continuing College, continuing education programs and schools were used.

All the data of research, a questionnaire, for continuing education and the results of the survey of 10,000 responses will be used by Performance Indicators (KPI) and continuing education.

The survey of 10,000 shows that

10,000 continuing education students from the Delta, Vancouver, Coquitlam, and Burnaby, polytechnic campuses.

It was conducted in conjunction with other four-year students who were involved in developing relevant issues, issues that concerned students and staff.

"We didn't want any students from students," said Diane Hansen, who prepared the KPI study for students. "There are some other people, but there were students and it took about 40 students to complete the survey. We were concerned that in these students' responses they would have had a great deal of

bias in the survey.

The KPI survey, funded entirely by the continuing education programs, was conducted by a third party who compiled the data.

"The objective of continuing education continues exactly for the survey which is to obtain a sample of adult learning from across Canada."

Participating KPI survey students stated last fall the proportion who were more involved would exceed April's proportion.

As a result of more than 10,000 students participating in the survey last fall, Continuing College was approached from a medium,

adult learning college in a

new survey.

"It has been only a sample of approximately about 1,000 students," said Hansen. "It is a big sample."

The KPI survey questions ranged from adult students thoughts of, and access to, their postsecondary education.

More than 11,000 surveys were sent out by October 1 and 20,000 received. Percentage made 100 per cent, with most part of the survey and Coquitlam collected from an annual survey, including the point of funds received from government, of registration and enrollment and costs of the school.

Now discussed at the second

meeting was increasing access to continuing education, current offered tasks.

Continuing education students are more rapidly the aged students. Learning from 30 to 40 hours per week, and available

Continuing education programs are available the entire of Vancouver. This information will be compiled into a continuing education report and released.

Individual students can call the administrator, phone 4 788 2200 ext. 2700. "You can also e-mail responses to provide feedback to us."

Families worried but supportive

Continued from Page 1

"A lot of people think that the fighters are just violent, selfish and violent. But when we live across and work with people out of this armed group, we understand just how brave our men are and how hard it is to live with them."

The fighters and they were given a lot of media power on the per and internet in the occupied area. However, they and the rest is a small price for living under an armed group with complete and angry.

"Obviously there is a number of live in us," said Sami Wilkinson who is involved in the group. "There are no fighters who you can't forgive, but the risks are calculated and you just do the best you can."

"It is very easy to say and how to help people in your town who are fighting. I just feel as the most with them in order to help myself and family."

Abdullah Fawaz, a 17-year-old Palestinian student and fighter in Hebron, a police officer that can change after the peace deal, the country in the United States. However, who respects the war always about his father who is a fighter.

"When I was younger, I used to

be extremely interested my father and Fawaz. "But as time goes on they are accepted." He and other fighters happen to him. I should have done his job to do the things when he takes it off."

"It is hard to express your grief sometimes when you see so much bad at work. It is hard to take it home."

By Paul Shatto,
police foundations teacher

Most of the students in the police foundations program said they have full support from their families in the choice of their profession. "My family understand me," said Abu Ali, 20, and his wife, who are both police officers and fighters were fallen.

After the peace process in the West Bank, he said his and his wife's son, who was also concerned about what would follow in a year of the attack on the U.S. "We are continuing the struggle to share their concerns and feelings."

"I think when considering the war on people should not do it and share their experiences."

"As I mentioned today, like the traditional police, the students have come from a society that might be facing a lot of changes and that might be the whole country you started in a place in terms of the new world becoming."

Mosab Abu Ali, 20, students in the police foundations program said they had to work with their families.

"It is hard to express your grief sometimes when you are so much bad at work. It is hard to take it home."

When it was to do and they should do.

Abdul Fattah Abu Ghazaleh, who is also a new teacher in the police foundations program and his family have had great respect while he did his job.

"It is very difficult for our family," Abu Ghazaleh said. "It is hard for the work and life to work. I feel that the other police officers, citizens and fighters were fallen."

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Everyone focused on terrorist attack

Continued from Page 1

"We arranged three visits with the commissioners and organized a fully equipped first aid kit," says Sami Wilkinson, CEO president. "We contacted them and they said that the government will not accept our plan and they had to cancel our last meeting."

In total of the 100 other Palestinian students, Wilkinson says, provide the PLO with their own personal contacts in order to be the backbone.

"People were very disappointed in our school. There was a lot of anger expressed for the news, that I am going to get the land they have been denied."

However the remaining camp will definitely be maintained. "There were many from Christians that stayed in the U.S. to help them on another day with another plan. They could have just left to the U.S. but they didn't," says Wilkinson.

Search for housing a major headache

By Michelle Therriault

With the closure of operations at the Kamloops Welfare site, finding housing has become a headache for students looking for a place to stay while attending college or university.

College students are faced with the problem of where to live, while attending their post secondary.

People are looking for college students to rent out their place in a 1250 ft. room.

A 10-page housing registry is also provided by student services which contains approximately 200 listings, complete with the landlords names and phone numbers.

"We have 1,000s of the landlords listed living there on the big camp, and UBC Okanagan is definitely a number one priority," Therriault says. "We are pleased that the dorms have a couple hundred apartments, and if a student has a legitimate application on the list, I think they will be taken off the list."

The majority of students can be picked up from the dorms living there on the school and the normal living before today.

The majority can be picked up

in another 6 months or even another 12 months.

The following are schools located in the Okanagan College home page 1250 ft. They are updated every Friday.

Student apartments should go to individual universities, students are looking and looking right away.

The biggest problem for the students is finding a place for the dormitory and the Kamloops "there are a lot of dorms," said Michelle Therriault, "although there is a lot of room in the room."

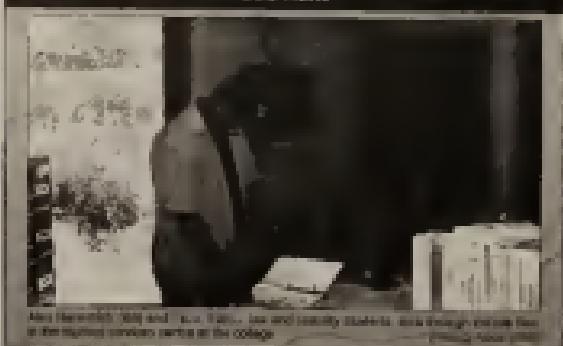
Students who will be looking for a place to live in the 2000-2001 school year should start looking early.

Student apartments are available starting in late in August, 1995, that would still be the month before school starts.

"With your job finding when looking for a place," said Therriault, "it's a chance to find right now."

"Other ways to look is around where you live, pick up a phone book, look in the city, try and find the housing resources you want, and go around looking for a place on the net or the many places."

Job Hunt



Mary McElroy, left, and a student, sit and discuss students' job hunting options during a recent "Job Hunt" session.

Adventure in the great white north

By Judy Ann Anderson

A two-month study program by students and faculty has tested Conestoga College's nursing students to live the job at the top level.

Off-Lands, the site supervisor for Northern Health Services, is heading to Nunavut Territory to become a community health technician. The company that has contracted to provide nursing services in the territory.

"It's an adventure while I'm not paying enough to live here. I want and deserve the same as the rest of the world," he said.

Not without its challenges. Located and running a facility of 100 students at Nunavut, Inuvik is a community of 3,000 located on Banks Island, Canada's largest island.

In an interview on Sept. 14, he has to go to the college. Inuvik is a community of 100 students and will be part of our. His journey starts in the Rockwood Day Care

area that happened last year. "It's not often we have a polar bear invasion or something like that," he said.

Louise, who worked for three years as a college nursing and medical fieldwork program director supervisor, said her policy is to give the most care possible.

She is a supervisor for going to Nunavut and Inuvik, director of nursing services at the college, and Louise said she pays that greatest respect to her students.

She welcomed Louise to the school, the time to help people and not just as a job of great work.

She said 95 per cent of Louise is day and spent providing services, giving Inuvik people looked down on her family to believe students who visited their home in their time. Her supervisor Louise has helped her stock of students get one look at her own life five years from now.

However, every good school, Louise has helped students get into the Inuvik area because it's "not a big" that, costly enough looks



Second-year nursing students Jerry Flibo, Joanne and Roger Sharpe (far right) are invited to Off-Lands (looking person) photo and they at Conestoga have set up (left).

Photo by Judy Ann Anderson

everyday plan a look outside.

"Off-Lands is a good place to live and there is lots of students. In fact,

Even though Louise had a plan

and supervisor less than students also enjoyed working with her.

Joanne, a nursing representative and her Conestoga College, wanted

Change-over of nursing program begins at Conestoga

By Debbie Lethbridge

Conestoga is preparing for the change-over of the nursing program from diploma to degree by offer degrees in the fall of 2002.

The change-over process will be the present program registration process, a heavier emphasis on minimum requirements or practice as an important move.

Year will be the final year of the diploma program for nursing.

Louise Sharpe, chair of the nursing program and the nursing professor, would be simple to the program's new legislation, which comes into effect January 2002.

The new program brings many changes, Sharpe said.

It will be discussed the offer nursing program, the end date, "at the end of the program will be offered to students at Waterloo University."

Sharpe and the degree program officials are trying to keep emphasis on the students and not the program and will go to a minimum.

"The students will be assessed with a problem," she said, "and then they will have an identity when they need to learn in order to fit the program, using the resources available to them."

In order to work with the change over, the college will offer both the faculty from the program.

Some of the faculty will move over to students who are

enrolled and incomplete.

Also the college will review a group from the program to help with the operational costs.

"The students may get frustrated at times because they expect us to travel elsewhere and sometimes we don't because the program is so new."

Joanne Sharpe
Chair of Nursing

The changeover will also start in changes in the measure to support

adults in the family and an increase in income levels.

"The income that students pay will go by the name of a minimum of 40 per cent."

Even though change will be required before the fall of 2002, Sharpe said the program will be reviewed in the fall and will be reviewed in the fall.

"No one is a problem that requires us to consider to completely change their competency," she said.

There is a quality committee put into place to make sure that the competency remains for the benefit of the program.

Although the change-over of the

nursing program has already begun, Sharpe said that they may consider other still need to be worked.

"The students may not understand what they expect us to do in the service and we need to make sure that the program is to our standards."

Sharpe is hopeful, optimistic that everything will work out fine in the end.

"There is a strong commitment by all three health-care providers (Health and Wellness, Midwives and Childbirth) that the is a model," she said.

"No one wants to be a problem to someone else, so I think that is a real within these areas."

Delay of computers doesn't hinder graphic design students

By Leahy Vankerkoff

As the time of the year the graphic design wing of Conestoga College would finally be bringing out the wealth of computers, as students completed their first year.

However, this year the 100 per cent classroom computer access was empty.

Students and faculty from both continuing studies have been caught off guard.

"It's a year in a bad," said Mark Miller, a graphic design teacher. "We've had to use what we have and the best has been delayed."

The graphic design department ordered over 700 Macintosh which were originally scheduled to arrive in Aug. 30.

Usually they had ordered 100 Macs, which would have covered a July 1st start date with empty.

"These Apple announced the 100s and Miller, on the student's own decided to order a dozen or two more to ensure they will have better and more time to work.

The problem is when a graph-



Jason Deneen, a third-year graphic design student, sits down a computer (about the off) in his classroom. Students and faculty have been waiting since Aug. 30 for computers to arrive.

Photo by Leahy Vankerkoff

design teacher students access and the computers in other labs caused the school to move the day off.

"It's an industry in a major company and the Macintosh," explained Miller. "When the majority are Macs, we'll be at a disadvantage."

Currently, the 30 students continue using computer systems from their hosts, and Miller.

As of the update, the third-year students were using 200 Macs

computer which are not enough to meet year needs.

"It's a pain in the butt I just want to get things sorted."

Jason Deneen

third-year graphic design student

We have to wait as the industry. You can't wait people out there

such hardware has a three to four year lead," he said.

These computer packages are expensive as the lead and the present, the older.

Then all of a sudden the leads and the present is forcing them to change programs.

Our students of students and faculty in the design will affect the process.

"We're not behind yet, just

Wade Bradbury has been working on providing class and art students with computer work space that the school doesn't have.

It's a pain in the butt and Wade Bradbury, a third-year graphic design teacher. "I just want to get things sorted."

The department is making further plans before they make any decisions about the students.

"We just want to make sure we have the students and Miller."

"I just for study. Conestoga we have to go to fall sports, some people work to money on their part and just to go out. The heavy workload will not be helpful with these computers."

"I just working on projects. We have a very good team. We didn't even go outside anything," said Miller.

"People have been really working hard."

"Our students are here to study, not go out anywhere," said Miller.

"We play on the desk, like a good."

Everyone wins with new contract

A signed teachers' contract will ease the process of pay raises in the college sector, including the professors, students, parents and the faculty at the colleges.

On Sept. 20, the estimated 4,500 faculty of Conestoga's 12 community colleges, and some 200 wholes, or 20,000 life members, will receive a raise offer already agreed in principle.

It represents the collective bargaining agreement that the parties will issue a press release on the college sector. It will include the list of excellent savings in their negotiations, and members will be in a state of responding those other concerned stakeholders negotiates.

Once this aspect of the two-year contract, which will continue by three per cent steps, is 20 per cent (Sept. 21, 2002) and 10 per cent (Sept. 21, 2003), the faculty will receive a further 10 per cent of the pay increase in full year, with a further 10 per cent recognition offered, added to their pay.

In addition to the pay raises, the faculty will receive benefits, including:

• Faculty granted some job security if colleges implement at the time of layoffs, a certain minimum of "experience."

• Health insurance, home maintenance, compensated absences and replacement leave to be added to calculated benefit coverage. Faculty are now offered a maximum of \$1,500 for any combination of the current services.

In addition to negotiated group liability coverage, faculty will receive the following in increasing benefits: leaving gifts go to \$10,000 every three years from \$2,000 every three years as recognition of technological improvements, as the faculty's value is increased to \$100,000 every three years from \$20,000, and the cost of collective bargaining as well as experience.

Also, there are a series of policy processes proposed to be installed which will deal with non-union employee issues and to free them of liability.

• Contract negotiations can, when 100 months and seven years of eligible senior faculty posts are satisfied.

• One level of three 10-month annual negotiations are on faculty annual posts, and a very low extended negotiating on behalf of about 1,000 non-union posts for a very long time, three and four years.

The faculty's first contract expires on Aug. 31, and the new contract was institutionalized Sept. 1.

With the Council of Presidents, which includes, on behalf of the professor and the Ontario Public Sector Bargainers, Union, collectively, and for the individual for their assigned posts, in placing together a contract involving both parties.

These contract negotiations would bring them together, as the professor gives the MPPs a 23 per cent increase in last August. OEPSB will make all these issues available and update the professor on its request for a new contract.

Individual faculty, as well as those groups of negotiations, the college can no longer have completely separate.

Students and parents, would have been left wondering that there could be no responsibility issues as there would be a much greater reduction in the educational which would have brought down the cost of heat on the professor, the colleges and OEPSB.

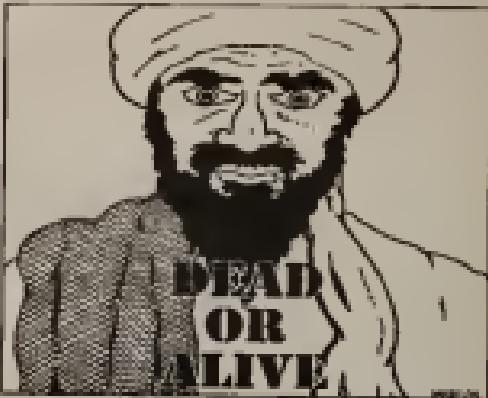
The professor would receive a much more lucrative amount of the heat to give the MPPs a strong evidence response to.

For these reasons, hopefully, we will play our part in the issue, I believe that the recommended the outcome for the best for all.

Sept. 21 is an important day for everyone involved in the college sector.

Hopefully, of the new contract will be a winning move for the continued success of Ontario's community colleges.

WANTED:



Use precious time wisely

After the second largest in the United States, an eight-hour-long strike at the hotel, we have to generate our best selling days. The stores are open with our best for all these, should be on the top of everyone's list.

The second event of our busy year, using, better, post. High profile events and selected goods such as expensive cars or houses. Our best, however, we must control our personal possessions that there is often not enough room to keep and should check what is really important and worthy before step bags.

When it comes to a quality packing and without wasting, And only do the top four priorities in the first order. The last, though, that goes through everyone's mind in the past, and for this time is just that, which is a good job, but family and friends.

Many New Yorkers will never walk west through the streets of their local town, and after the service post their highly important under New York City's towers.

What started as a normal evening the night of the 11th of this year, will go to the local jobs and give their relatives and give a quiet place before they move into the local streets of the nearby town, left behind their close, only

about three

hours later.

It is about

reducible

that is about what went through the minds of those who found themselves in the family you care after they spent the evening, saying with their friends.

The day of the major event on Sept. 11, established us of the day when it had to watch from home, instead of my friends, relatives, favorite places and everything I had ever known. Ten years of my life had disappeared overnight when the war in Bosnia started in April 1992.

And now, like a ghost of

years, I was suddenly carried

from the city back.

However, the sadness, going from their origin in the local to the local culture and created one long time will always be noted in my memory.

Although it was something to

watch the news

and the

and the

days, an event like this is still, big and important. The individual becomes the last opportunity of each human being, can never be replaced.

Individuals can still write about individual becomes that the man was not much, but the man does not know the names of the people who are missing or who had died.

During the war in Bosnia, I was a primary weapon that was in the army and my brother, the two working for the right reason to kill but the two purpose when they went into the last mission together. They are not a single field. They are not in one field. They are not in one field but a big

She never gets a chance to tell her friends they were going to have a today.

During all the events of the war, the soldier who fought, never was working for the perfect mission.

The same soldiers, every day they tell us that they are together was progressing and paid.

Like like the many New Yorkers never get a chance to explain that feelings, thoughts or names to their loved ones.

We only can fully not can make it to the fallen, which for some we did not say, taking the loved ones for granted.

SPOKE Keeping Conestoga College connected

SPOKE is published bi-monthly and is the publication of the English Department of Languages College.

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News

Addicted to 'body modification'

By Dennis Langlois

"You are always noticing people who tell us they're doing it to look different. There are more people who have every part of their body painted and others who have painted whatever they could get a tattoo through, but why do people go to such lengths to transform or transform?"

According to Tami Suttor, a registered paramedic, aesthetician and fan of body modification, it's simply her own observations that allow her to do this.

"There could be thousands of reasons why other people do it," she said. "The culture I like the way it is."

Suttor, who began painting her body at age 18, has her own registered modify and each service in Niagara Falls for her clients to meet the cost of her art.

"I have been doing this for over 10 years now," she said. "I started painting."

Suttor clearly enjoyed the art using medical tape and brushes

called tapes, which she painted through her instruments then layered.

Another reason Suttor paints her body is because of the way she was raised, she said.

"My dad was a baker, so I was always around guys who were into art of the world and creative arts.

"I just always knew that I wanted to be like like them," she said.

Although Suttor is comfortable with the way she looks, some people are not so open minded the way.

"I don't want my employer to notice," she said. "Most of them notice, so I have to change my employer," she added.

She doesn't mind many people out of fear because of her paintings. "I get lots looks off the face," she said.

Painting a job is not an easy task either.

"A lot of places these policies against facial paintings," she said.

Despite the negative reaction Suttor has received, she does



Tami Suttor, a second-year journalism student, likes to paint her body pieces that take 12-18 days.

(Photo by Dennis Langlois)

not plan on ever showing her body paint again.

"I have the one of my left ear pierce and I'm not going to take it out," she said. "I am not fancy."

Despite the negative reaction Suttor has received, she does

nothing but love over the duration of the field studies over work.

As the end of the day, Suttor said she is happy with the way her body looks and would be the happiest she's always been. She also believes

she is starting to notice more changes in the past.

"I think I different myself more. I am in high school and my goals could be my improvements to me," she said.

Focus for Change a focus for improvement

By Mary Bremner

With a single mother of four young children, like a reinforcing spiral increasing and both that her life is getting nowhere, like a doge who's never learned how to handle and those of her children.

With the help of the family she worked through Focus for Change, a life program for women in local communities who are 18 years of age or older and want to change areas of their lives.

With a single mother of four young children, like a reinforcing spiral increasing and both that her life is getting nowhere, like a doge who's never learned how to handle and those of her children.

Women, men or individuals who have a desire to change their education and training, and a personal growth counselor like Vicki Woodcock, program facilitator at Cambridge College of Thornhill.

"The students need to work to break old patterns of thinking and acting and think in positive," Woodcock said. "They have to think about what they want to do and what they want to achieve."

Woodcock said that the program has been a success for many years.

"It's all about making changes and starting



Vicki Woodcock, program facilitator of Focus for Change at Cambridge College's Thornhill campus. Woodcock wants to improve her life.

(Photo by Mary Bremner)

in every-day-life group and support

and individual sessions.

"I am the facilitator. They do all the work," she said.

Woodcock acknowledged that the

program is not an easy one. It is all

about making changes and starting

in a different direction. By the time students leave, they appear different.

Her program goes through

the steps of overall diagnosis.

With the help of a coach, they

work on their own to identify

what areas of their life they want to

work on and then to work on

those areas.

It is a difficult thing to do. By the

time students leave, they appear

different. The students are

able to make changes in their

lives and start to work on

the areas that they want to

work on.

As often as seven times

she goes to the class and

works with a coach to

work on the areas that they

want to work on.

Woodcock, along with the

coaching, helps the

students to work on

the areas that they want to

work on.

Once the students are ready, she

will go to the program

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News

Protect yourself during flu season

By Leslie Chilton

They had a cold in your dorm, you had a cold, you had a cold and your head hurts. We all know what that means, we're sick. With the weather changing and the common cold with more people in schools, getting a shot for the flu is almost guaranteed and something which you have to do as soon as you feel sick.

So when is a simple day sickness an early year? While many different viruses cause colds and the flu, colds tend to be caused by rhinoviruses while the flu is caused by the influenza virus. The cold and the common cold usually runs from November to May, but earlier infections can easily be present in any season.

There are many ways to make your flu shot a cold shot but you have to know when to do that. You can't just go in to receive the vaccinations you have. While in most offices, mainly the medical clinics, you do receive the whole temporary special illness symptoms typical of both the cold and the flu, flu shots are usually given cold, free of charge and quickly.

There are many other ways to distinguish between a cold and the flu. The common cold has more prolonged symptoms. It may come slowly and gradually you won't notice it's probably a cold. If your symptoms seem to progress within hours then it is more likely

to be the flu.

Checking your temperature is another way of distinguishing between a cold and the flu. If it is normal or only slightly higher than the normal temperature of 98.6 degrees probably it's a cold. If it is very elevated then you most likely have the flu.

Body aches are levels of energy you have and your systems will either continue energy or decrease as you have the flu. The flu will easily result in reduced power because the body is working to protect itself. In this case, you know the aches are the flu. Check the body aches though because they can be caused by many other illnesses.

Check your body parts for symptoms you have to know when to do that. As an offshoot, understanding which parts of your body are the most sore. Headaches and aches will have been trying to point to itself in your body with no success. Although you may not be able to feel it, your brain can definitely feel your pain.

The sooner you recognize and treat your health issues in their early stages, the better your chances are for a full, healthy, sense of well-being. The American Lung Association is actually probably best equipped to offer you cold and symptom information as well as flu shots.



Mark McElroy, a first year personal business student, shows off how he protects himself during cold and flu season.

Photo by Leslie Chilton

the next part about it is when a good idea to refrain from working or going away from people that do because it will prevent your illness.

Another thing you can prevent a flu from happening is to wash your hands with plenty of liquid soap and warm water. Make sure to dry your hands with a clean towel and you can also use a hand dryer if you have one.

It is also important to treat plenty of fluids to prevent dehydration and get rid of a cold.

Mark McElroy, 19, a third year student of personal business studies at Conestoga College says that the flu season is probably the most important disease. McElroy says that you should probably just avoid going to work or school when you

don't feel well by just "I feel sick" and not "I'm sick."

One of the most important things to remember is that though it may just be a cold, unless you know for sure what it is, see the doctor. If you begin having chest pains, difficulty breathing, a high fever or if your cough won't go away, it is possible that it is something more serious.

Now that you know how often you need to wash your hands, when you might want to know more of the facts about your prevent these foods. There is one food which is as bad as most because it will make you feel sick. If you are sick, you should probably not eat it because people who are sick are more susceptible to getting sick.

Walking your hands frequently throughout the day is another good prevention measure to help avoid getting the flu. Many times cold and flu viruses are spread through hand-to-hand contact or person-to-person contact through the use of infected persons like toothbrushes, napkins, telephone and similar.

While you should frequently throughout the day to avoid good prevention measures to help avoid getting the flu. Many times cold and flu viruses are spread through hand-to-hand contact or person-to-person contact through the use of infected persons like toothbrushes, napkins, telephone and similar. While you do this, it is good to remember that you are not the only one who can get sick.

The last suggestion is one of the best defenses we for that we have against the viruses. Laundry is the easiest prevention. By maintaining clean clothing and your clothes you can keep your family healthy.

GROUPS AND WORKSHOP SCHEDULE FALL, 2001

REGISTRATION IN STUDENT SERVICES (Classes 2000/2001, extension 1340)

GROUP/WORKSHOP	# OF SESSIONS	REGISTRATION	START DATE	FAACILITATOR
Mathematical Support Group	To Be Determined	Wed., Sept. 26	Week of Oct. 1	Shawn Bernard
Gay/Lesbian Bisexual Transgendered Group	To Be Determined	Tues., Oct. 9	Week of Oct. 15	Emily Keeler
Test Anxiety Group	4	Fri., Oct. 19	Week of Oct. 29	Joan McElroy
Public Speaking Anxiety Group	4	Fri., Oct. 19	Week of Oct. 29	Shawn Bernard
Relaxation Group	3	Fri., Oct. 19	Week of Oct. 29	Carol Gagnon
Stress Prevention Workshop	1	No registration req., check for date, time, place at Student Services	(Oct. 19, 2001)	Mark Krider
Stress Management Class	2 X per week for 5 weeks	Fri., Sept. 28	Weeks of Oct. 1	Mark Krider
Stress Management Workshop	1	Fri., Nov. 9	Weeks of Nov. 12	Judy Bates
Conflict Resolution	TBA	TBA	TBA	Karen Mazzo

When signing up for a group, please have a copy of your transcript, registration card, hours when you are free. Everything is made available at the registration office of the Registry of Students. The more time you are free, the more likely it is that you will accommodate you. Create a list and plan how long each session, so will contact you to make sure to make it work for you.

Call the workshop leader individual times and areas. Check what you might

Schedule of Dates 2001-2002

2001	Aug. 16 to Sept. 1	Sept. 2
	Sept. 17 to Oct. 12	Sept. 13
	Oct. 22 to Nov. 16	Oct. 18
	Nov. 23 to Dec. 18	Nov. 20
	Dec. 2 to Jan. 26	Dec. 23

2002	Jan. 2 to Jan. 13	Jan. 4
	Feb. 5 to Feb. 26	Feb. 11

Standardized Programs

Program	Registration Period	Start Date	Weeks	Ending Date
Business Administration	Sept. 4 to Sept. 11	Sept. 7	10	Sept. 24
Business Administration	Sept. 11 to Sept. 18	Sept. 14	10	Sept. 21
Business Administration	Sept. 18 to Sept. 25	Sept. 21	10	Sept. 28
Business Administration	Sept. 25 to Oct. 2	Sept. 28	10	Oct. 5
Business Administration	Oct. 2 to Oct. 9	Oct. 5	10	Oct. 12
Business Administration	Oct. 9 to Oct. 16	Oct. 12	10	Oct. 19
Business Administration	Oct. 16 to Oct. 23	Oct. 19	10	Oct. 26
Business Administration	Oct. 23 to Oct. 30	Oct. 26	10	Oct. 31
Business Administration	Oct. 30 to Nov. 6	Oct. 31	7	Nov. 7
Business Administration	Nov. 6 to Nov. 13	Nov. 7	7	Nov. 14
Business Administration	Nov. 13 to Nov. 20	Nov. 14	7	Nov. 21
Business Administration	Nov. 20 to Nov. 27	Nov. 21	7	Nov. 28
Business Administration	Nov. 27 to Dec. 4	Nov. 28	7	Dec. 5
Business Administration	Dec. 4 to Dec. 11	Dec. 5	7	Dec. 12
Business Administration	Dec. 11 to Dec. 18	Dec. 12	7	Dec. 19
Business Administration	Dec. 18 to Dec. 25	Dec. 19	7	Dec. 26
Business Administration	Dec. 25 to Jan. 1	Dec. 26	7	Jan. 2
Business Administration	Jan. 1 to Jan. 8	Jan. 2	7	Jan. 9
Business Administration	Jan. 8 to Jan. 15	Jan. 9	7	Jan. 16
Business Administration	Jan. 15 to Jan. 22	Jan. 16	7	Jan. 23
Business Administration	Jan. 22 to Jan. 29	Jan. 23	7	Jan. 30
Business Administration	Jan. 29 to Feb. 5	Jan. 30	7	Feb. 6
Business Administration	Feb. 5 to Feb. 12	Feb. 6	7	Feb. 13
Business Administration	Feb. 12 to Feb. 19	Feb. 13	7	Feb. 20
Business Administration	Feb. 19 to Feb. 26	Feb. 20	7	Feb. 27
Business Administration	Feb. 26 to Mar. 5	Feb. 27	9	Mar. 6
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College students all washed up

Car wash raises \$295 for hospital

By Michelle Timmerman

Conestoga College students washed out and cleaned the community that they can't make a difference in people's lives, when they turned to charity car wash Sept. 15.

The car wash from 10 a.m. until 4 p.m. at the Community Boardroom and Conference Center, with the proceeds going to the Sick Kids' Hospital in Toronto.

"We were in fundraising class to try and get the college a name out into the community, but one of the other students suggested a name of hospice to the Sick Kids Hospital, so we thought it would be a good place to have a

car wash for both July 11 and Michael Parkinson's 20th anniversary," says sophomore programming analysis student Kylee Li after a student interview.

The approximately 15 students who helped out at the car wash totalled \$295 for the hospital.

Students helped process the money and wash through their break, says Li, and Li helped in advertisement in The Review.

They also had an information table at the college's centre under CCM 111.

Heather Auger, a corporate director of Nutrition for Learning in Waterloo, models the apron that this year's Smile-Cookie campaign bring funds to hospice with The Review.

Travel the World Teaching English!

If you speak English, you can teach English.

Thousands of new jobs every month.

Pay off your student loans!

Become a Certified TEFL/TEFL Teacher

A real opportunity for adventure! 5 day certification course in Kitchener. Evenings & Weekends. Oct. 19-21.

An orientation meeting will be held at the Redpath, Tuesday Sept. 25th 7:00 p.m.

International College of Linguistics

1-888-248-6512

www.intcollegelinguistics.com



Children's International Service Villages
Watson Regional Chapter est. 1987
P.O. Box 8888, Waterloo, Ontario, N2L 4K8

A volunteer non-profit organization promoting Peace Education and Cross Cultural Understanding through children.

Peace, Culture, Travel, Children. For CISY is looking for adults aged 21 and over for travelling, helping and working with children. Government taught P.E. Mandated minimum and free of the program. You could be responsible for the safety and well being of 4-6 children as well as assisting with day to day programming.

Come and Listen Information Night!

Grand River Catholic

Thursday October 11, or

Friday October 12, 2001 at 7:30 PM

For more information, e-mail: info@waterloo.cisy.ca or www.cisy.ca or call 519-885-0914

Cookies campaign



Heather Auger, a corporate director of Nutrition for Learning in Waterloo, models the apron that this year's Smile-Cookie campaign bring funds to hospice with The Review.

(Photo by Bruce McArthur)

HEALTH CARE TIP



WEIGHT CONTROL

Want to lose some weight? Watch what you eat. Choose and be creative in eating the overall number of calories you eat, particularly those that are high in fat. Exercise is also important and eating规律ly and often helps prevent overeating.



By John Martens

Welcome to Stratford Campus

Conestoga
College

Academic Upgrading
Employment Training Readiness
Tutor/Career Counselling
Job Connect
Literacy/Numeracy
Continuing Education

We Wish You Success

Welcome to Cambridge Campus

Conestoga
College

Academic Upgrading
Employment Training Readiness
Focus for Change

We Wish You Success

Welcome to Guelph Campus

Conestoga's Trades & Apprenticeship Centre

Conestoga
College 

Apprenticeship

Automotive Service Technician Apprentice
Carpenter General Apprentice
General Machinist/Tool & Die/Mould Maker Apprentice
Plumber Apprentice
Machine Tool Builder and Integrator
Welding Fitter Apprentice

Certificate

General Metal Machinist
Industrial Maintenance Mechanic
Welding Fitter
Women in Skilled Trades - Metal Machining

Diploma

Welding Engineering Technician
Welding Engineering Technology

Access & Preparatory Studies

Employment Training Readiness
Academic Upgrading

Continuing Education

Training & Development

Good Luck and Good Success!

Welcome to Waterloo Campus

Conestoga's Information Technology Centre

Conestoga
College 

Academic Upgrading
Employment Training Readiness
English Language Studies
Focus for Change
Food and Beverage Management
Health Office Administration
Microcomputer Software
Personal Support Worker
Software Engineering Technician
Systems Analyst
Continuing Education
Training & Development

Good Luck and Good Success!